

# **[Toby Sherman's Ancient Guide To Modern Well-being] That article I mentioned at the on line Wednesday 8/17 meeting**

**Post by “kochiekoch” of August 18, 2022 at 2:52 PM**

LOL!!!! Having pleasure fall out of the sky is good. 😊 Or are easily available.

Remember, it's choice and avoidance. Avoid those pleasures from the sky that will crack your skull. 😁

I see your cave analogy. Actually, the bread and water in the cave would be a very painful life. I'm told, that in prison, misbehaving prisoners are put in solitary confinement as a punishment. Denied the company, of other people, they suffer terribly both mentally and physically. It's the sort of thing the ACLU seeks to ban. We are social animals.

Steve